

Instructions for Collecting a 24 hour Urine for Protein

- You will go home with 2 containers and a “hat” for the toilet to collect your urine.
- Collect **all** your urine for 24 hours.
- Pick a start time. Urinate in the toilet and discard the urine. The clock begins when you discard this urine.
- Every time you urinate for the next 24 hours collect the urine and put it in the container.
- Urinate in the “hat” and pour the urine in the container before you pass feces (poop) and before you take a shower.
- Keep the container cool. The best way is to put it in a pan or ice chest with ice. You can also keep it in the refrigerator.
- When you reach the end time, 24 hours after the start time, urinate one last time and include this in the collection.
- Keep the sample cool until you bring it to the lab or to the hospital.
- Call the Perinatal Unit if you have questions at 925-370-5608